



*Resilience & Thriving*  
**WORKBOOK**  
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*Notes*

## What is Resilience & the Anatomy of Stress

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## Tackling the Stress Cycle & Positive Coping

[Empty text box for notes]

## Finding Vital Behaviors & How to Hack them

[Empty text box for notes]

## Burnout & Smashing Global Stressors

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# Worksheet 1: Sources of Stress

**INSTRUCTIONS:** Check the boxes anywhere you feel a source of stress.  
page 1 = stressors, page 2= the stress itself/generalized stress



## VISION AND CAPTAIN:

*Are you living the life (professionally and/or personally) you dreamt for yourself? Are you in charge of it?*

- Unfulfilled.
- Stuck in a phase.
- Don't know what my vision is.
- Fulfilling vision but stress and other contributors are clouding my fulfillment.
- My boss(etc) prevents me from fulfilling vision.
- Vision is a disappointment.
- Legal field feels hopeless.
- Global feeling of emptiness.

## CONSTANT CONFLICT:

*Do you manage conflict well? Does the over-abundance of conflict at work affect your other relationships?*

- Dread for interactions (client/O.C./\_\_\_\_\_)
- Quick to engage in unnecessary conflict.
- Shy away from conflict (at work or home).
- Ruminating about interactions.
- Hard to shut off the negotiation/arguing brain at home.
- Hiding from needy clients.
- Hard to have fun or talk about day-to-day.
- Workplace politics/drama/red tape

## WFH BOUNDARIES:

*Is your physical space adding to your stress when it could be making life calmer? Is there no boundary to help your mindset?*

- No boundary between work and home
- Work space sparks guilt rather than joy.
- Clutter.
- Physically uncomfortable set up.
- Chaos at home makes WFH unreasonable.

## PHYSICAL HEALTH:

*Are you physically above the "0" line? Are you well, mobile, and able to engage in physical pursuits that bring you happiness?*

- Lack of energy.
- Poor sleep
- Chronic illness
- Missing out on activities
- Unable to control weight
- Don't know how to eat well/exercise.
- Don't believe I have time for health
- Psyched out about diet/exercise

## WORKLOAD:

*Is your workload manageable or overboard? Do you HAVE to go overboard for finances/workplace expectations/status expectations?*

- Overwhelmed by too much work.
- Or by a reasonable amount of work.
- Procrastination of [certain types of tasks]
- Consistently late or bugged by others about work tasks.
- Firm hierarchy makes control of my to-do's impossible.
- Other people's problems control my schedule.
- Can't capture what my work IS.
- Easily side tracked, never get to my goal.
- Workplace expects too many hours.
- I feel I'm not putting in enough (even though I am): status or imposter syndrome.
- I'm on top of my workload but stressed anyways.
- I have to go overboard for the \$\$.

WORK-LIFE BALANCE OR LACK OF CONTROL OVER BOTH:

**Can you leave work at the “office” and move on with ease at home? Do you feel like you’re shirking one when at the other?**

- o Missing out on kids’ milestones
- o Missing out on work opportunities b/c of being home.
- o Too often called to work(or home) when at home (or work).
- o I Never get a break.
- o I lack control over work/home schedule so my efforts at balance are thwarted.
- o I waste time waffling between work/home tasks, not getting to either.
- o I feel guilty about my performance at work/home.
- o I feel UNREASONABLY guilty about my performance at home/work.

STRESS ITSELF (UNRESOLVED STRESS CYCLES):

**I know how to manage all of the above stressors in the moment, but I am still emotionally taxed, stressed, or overwhelmed. The feeling of stress lingers even when the stressor is RESOLVED**

- o Nagging/generalized feeling of stress/anxiety
- o Quick to anger or frustrate.
- o Need to take edge off with alcohol
- o Lack of confidence/imposter syndrome
- o I amplify an already-difficult situation with negative self-talk
- o I know how to manage my stressors, but can’t.
- o Inability to plan for the future (especially during Covid.)
- o Emotional dulling.
- o Always worried.
- o I don’t do any/enough self-care.

BURNOUT:

**The stressors and the stress are cumulative and never-ending. I experience all three of the following symptoms:**

- 1) Emotional Exhaustion
- 2) De-personalization (depletion of empathy, caring, compassion)
- 3) Hopelessness, sense of futility

- o Withdrawn from work and family.
- o Unexplained exhaustion.
- o Quick to judge situations as hopeless, failure to advocate.
- o Falling behind.
- o Suffer from indecision.
- o Empathy is non-existent or feigned.
- o The stressors and stress accumulate faster than I can de-stress.
- o The stressors are unreasonable to endure.
- o The stress is unreasonable to endure.
- o The situation feels hopeless and it is not temporary.

OTHER:

**Finances, Relationship stress, Spiritual stress, family, grief, personal trauma:**

# Worksheet 2: Coping Strategies

**INSTRUCTIONS:** Check the boxes anywhere you feel you excel.



## VISION AND CAPTAIN:

### Lifestyle & planful problem solving

- o I have a specific vision for my life
- o I practice gratitude
- o I don't allow others to prevent me from fulfilling my goals.
- o I try new things to gain new experiences (volunteering, physical pursuits, art and creativity, etc.)

### Coping strategies

- o I can "redefine winning" when I'm not getting where I want.
- o I check in with my vision/mission and adapt.
- o I evaluate and pinpoint stress and solutions.

## WFH BOUNDARIES:

### Lifestyle & planful problem solving

- o I have a workspace at home or at least one I can put away.
- o Work space sparks joy.
- o I de-clutter.

### Coping strategies

- o I take a walking "commute" to clear my mind from the beginning and end of the day.
- o I reach out to my work colleagues for non-work connection
- o I notice when I assume the worst (fear of missing out) and let it go.

## CONSTANT CONFLICT:

### Lifestyle & planful problem solving

- o I have a method for difficult conversations.
- o I "eat the frog".
- o I prioritize fun and normal interactions.
- o I declutter toxic relationships.
- o I go be nice to people!
- o I take breaks when I need them.
- o I use clear expectations and technology to help me keep in communication with clients.

### Coping strategies

- o I recognize how conflict affects me at home and I address it.
- o I practice de-stressing from conflict-ridden days.
- o I meditate to calm my mind from replaying conflict.
- o I am mindful of rumination and let it go.

## PHYSICAL HEALTH:

### Lifestyle & planful problem solving

- o I "just move" even if it isn't perfect (take a walk, stretch, etc).
- o I eat my veggies!
- o High score: 75% of my food is plants!
- o I drink water.
- o High Score: I drink 75oz of water a day!
- o I have good sleep hygiene.

### Coping strategies

- o I recognize when I stress eat.
- o I try to replace the stress food with a different habit.
- o I don't throw the baby out with the bathwater: if I screw up my healthy plans, I just try again, I use insight to adapt my plans with exercise and food.

#### WORK LOAD:

##### Lifestyle & planful problem solving

- o I have a to-do capturing strategy.
- o I break my to-do's into achievable segments so I finish a list each day.
- o I time block to control my own schedule, esp. when WFH.
- o I say no.
- o I speak up against unreasonable expectations

##### Coping Strategies

- o I ground myself in what I do know: I do get my things done, I don't miss items.
- o I reflect on what I procrastinate about and strategize to tackle it. (it's boring/hard/hopeless)
- o I defend my "no"s.

#### WORK-LIFE BALANCE

##### Lifestyle & planful problem solving

- o If I'm done, I can go home guilt-free.
- o I time block for home time/focused work time.
- o I practice gratitude for my job and family.
- o I always include one thing I love in each day (e.g. coffee break, walk, etc.)
- o I stand up for myself at work.

##### Coping Strategies

- o I am mindful of my guilt and waffling. I let it go.
- o I allow myself to be crappy sometimes, but I don't quit.
- o I prioritize one thing to improve my balance each day.

#### COMPLETING THE STRESS CYCLE

- o I De-Stress every day that I experience Stress!
- o Breathing practice,
- o Exercise (30 mins),
- o Exposure to nature with movement.
- o Bonus: I Enforce this for my whole family.
- o Meditation daily practice,
- o grounding,
- o music/art/creativity.

- o I use meditation/mindfulness to acknowledge the existence of my negative self-talk, notice my reactions in the moment.
- o I plan connection (friends/family time)
- o a long hug until stress is felt leaving the body (30 seconds, for real!),
- o laughter and fun with close friends and family, pets, etc.
- o REST.

#### BURNOUT:

- o I continue to de-stress every day I experience stress, expecting incremental relief.
- o I look back to my vision to shift my direction for my life (problem solve)
- o I look long-range to realize that relief will be incremental then snowball into something better.
- o I know that stress is my teacher, and the ability to transform di-stress to eu-stress is entirely within my control.

#### GOAL SETTING ROUGH DRAFT:

Unwanted behavior \_\_\_\_\_

Goal behavior \_\_\_\_\_

Vital Behavior \_\_\_\_\_

Circumstances

- Not taking lunch break.
- Feeling insecure about trials.
- Personal goal.

Times

# Crucial Moments

- 1) Diagnose (crucial moment that implicates the unwanted behavior)
- 2) Crucial moment that implicates the vital behavior
- 3) Apply Vital Behavior

Places

People

Emotions

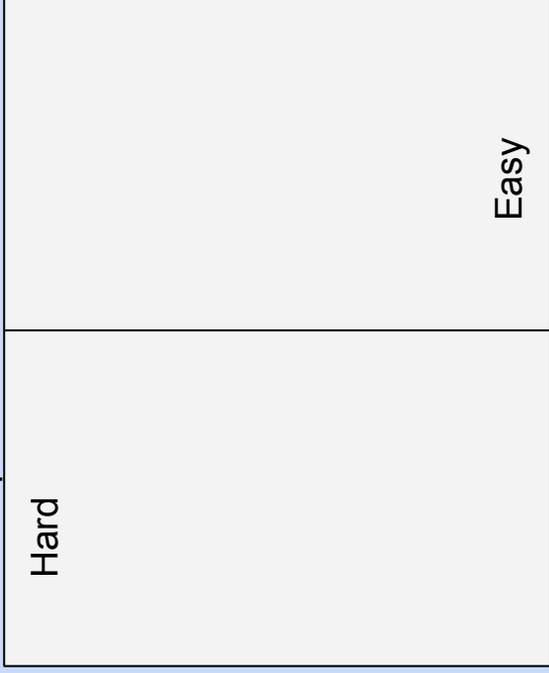
*Increase Personal Motivation*

Step 2: Find at least 4 Supports

*Solidarity*

*Increase Personal Abilities*

Step 1: Hack the habit



*Peer Pressure*

*Physical Reminders*

*Reward/Punishment*

**Influence strategy Worksheet!**

# Worksheet 3: Goal Setting



**Step 1** Identify the area/domain presenting the most stress, or the single-most pressing particular stressor (e.g. "work-life balance" would be the domain, or "ruminating and experience guilt about missing out on work/home opportunities" might be a particular stressor.

**Step 2:** Identify how you would like to respond better, and what it would feel like to ritualize that better response. (e.g. "I will not spend time ruminating and I will feel zero impact (or greatful!) from bouncing back and forth between work and home responsibilities.")

**A:** Identify a lifestyle or "planful problem solving" tool that will help you achieve this feeling (e.g. "Meditation" or "defend my calendar"

**B:** Identify a coping tool in the moment that will help you achieve this feeling (e.g. "grounding" or "take a 5 minute walking re-set break"

**Step 3:** Create an ultimate goal and state in the present or past tense: "I use daily meditation and do not ruminate over my guilt about work/life balance."

**Step 4:** What is the vital behavior that will LEAD you to this outcome? the simple precursor action step you can take to tip you in the right direction? ("Drop what I'm doing to meditate at 8:50 every morning")

**Step 5:** What are FOUR ways to align influences to make the vital behavior inevitable?